



Did you know that kindness has side effects?! Research has shown that kindness makes us happier, gives us healthier hearts, slows aging, makes for better relationships, and that kindness is contagious. Read "[5 Beneficial Side Effects of Kindness](#)," by David Hamilton with the Huffington Post for the full story. We have provided you with a Random Acts of Kindness Toolkit to help spread kindness here at Snohomish County as well as our home and community.

Random Acts of Kindness Tool Kit

- [‘5 Incredibly Easy Ways To Spread Kindness, Every Day’](#)
- [Kindness - Pass It On Poster](#)
- [Kind Texting – Pass It On Poster](#)
- [Kindness Concept Posters](#) (8.5 x 11") – Post in your workspaces, bulletin boards, share with your family.
- [Tag! You're It!](#) - Next time you commit a random act of kindness, include a "Tag! You're It!" card to encourage the recipient to pass it on.
- [Bookmarks](#) - Brighten someone's day with a random act of kindness: Download bookmarks, write something kind on the back and then leave them somewhere for another person to later discover.

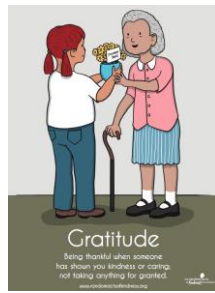
- [Inspiring Videos](#)
- [Reading List](#)
- [December 2014 Kindness Calendar](#)
- [Inspirational Quotes](#)
- [How to Start Your Own Kindness Club](#)
- [Random Acts of Kindness Week \(Coming February 9th – 15th 2015\)](#)
- [Kindness Research](#)
- [Kindness Links](#)

[See all of these resources by clicking here!](#)

Kindness Cards – Random Acts of Kindness created these kindness greeting cards for you to send to a friend. There are a few different styles to choose from featuring different inspirational quotations. Make someone's day with a card that shares a kind thought or recognizes a kind heart. To use these cards, download the exterior and interior of your choice and print them back-to-back, cut out using the provided guides, fold, write a kind message and send!

- [Kindness Card](#)
- [Card Exterior \(shown\)](#)
- [Card Exterior \(balloons on white\)](#)
- [Card Interior \(Winnie the Pooh\)](#)

- [Card Interior \(Emerson\)](#)
- [Card Interior \(Chinese Proverb\)](#)
- [Card Interior \(Longfellow\)](#)



All of these tools are provided by the Random Acts of Kindness website, [click here](https://randomacts.org) for more!
[Learn more](https://randomacts.org) about Random Acts of Kindness Foundation.

Questions, comments, & suggestions? Contact us!

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